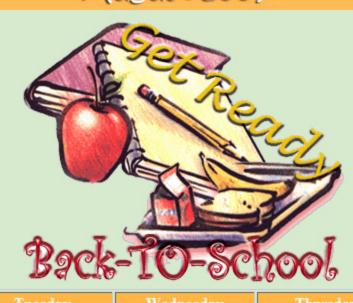
August 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
World Breastfeeding Week (8/1 - 8/7)						
						1 ■ National Mustard Day
National Blueberry Festival (8/7 - 8/10)						
2 Sisters' Day		What's in season? Try peaches, peppers, squash or berries!		■ National Fresh Breath Day	Sneak Some Zucchini Onto Your Neigh- bor's Porch Night!	8 National Garage Sale Day
Weird Contest Week (8/10 - 8/15)						
United Nations: International Day of the World's Indigenous People	10	11	United Nations' International Youth Day		Drink plenty of fluids! Water, juice and milk are better nutrition choices than soda.	15 ■ National Relaxation Day
	17	18	19	20	21 ■ Little League Baseball World Series begins	22
Try a new fish or shellfish as a summer entree.	24	25	National Dog Day	Play tag with the kids in your neighborhood.		29 More Herbs, Less Salt Day
	31 Try a new fruit or vegetable today.					